

2011 Montana Youth Risk Behavior Survey

Sports Team Participation

A Risk Behavior Comparison of Montana High School Students
Based on Sports Team Participation



Health Enhancement and Safety Division
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2011 Youth Risk Behavior Survey Sports Team Participants vs. Non-Participants Montana High School Students

Montana Youth Risk Behavior Survey +

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2011 YRBS was conducted in February 2011. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire was designed without skip patterns to ensure survey completion by students in a similar period of time.

Survey Validity, Limitations and Results +

Data used in this report from the 2011 Youth Risk Behavior Survey are based on a random survey of Montana high school students. The weighted results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana. However, users should be careful in using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonuse, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

For the purpose of this report, "participants" are defined as "sports team participants," in other words, those youth who answered either "1 team, 2 teams, or 3 or more teams" to the question, "During the past 12 months, on how many sports teams did you play?" Eighteen separate risk behaviors were queried for association with the sports team participation question. These findings are presented in bullet, table and graph forms in the following report.

Background +

Participation in regular physical activity, including sports teams, among young people, can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being. Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, obesity, some types of cancer, and premature death.

According to the 2011 YRBS, 63% of Montana high school students reported having played on a sports team during the past 12 months. Sixty-five percent of males and 62% of females played on a sports team. Of those who had played on a sports team, 69% were ninth graders, 66% were tenth graders, 61% were eleventh graders and 58% were twelfth grade students.

For more on the YRBS go to www.opi.mt.gov/yrbs.

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Findings —

Montana high school students who are sports team participants are *more likely* than those students who are not sports team participants to have:

- Texted or e-mailed while driving a car or other vehicle during the past 30 days (54% of participants compared to 44% of non-participants).
- Talked on a cell phone while driving a car or other vehicle during the past 30 days (57% of participants compared to 47% of non-participants).
- Eaten breakfast daily during the past 7 days (44% of participants compared to 32% of non-participants).

Montana high school students who are sports team participants are *less likely* than those students who are not sports team participants to have:

- Felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities during the past 12 months (21% of participants as compared to 33% of non-participants).
- Actually attempted suicide during the past 12 months (5% of participants compared to 8% of non-participants).
- Ever tried cigarette smoking in their lifetime (39% of participants compared to 52% of non-participants).
- Used marijuana in their lifetime (36% of participants compared to 45% of non-participants).
- Taken a prescription drug without a doctor's prescription during their lifetime (16% of participants compared to 23% of non-participants).

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Health Risk Behavior	Sports Team Participant	Sports Team Non-Participant
Never or rarely wore a seat belt when riding in a car driven by someone else	10.2% (8.4-11.9)	12.7% (10.6-14.7)
Never or rarely wore a seat belt when driving	11.7% (9.4-13.9)	15.6% (13.3-18.0)
Rode with someone who had been drinking alcohol during the past 30 days	25.8% (23.7-27.9)	25.9% (23.1-28.6)
Drove a car or other vehicle during the past 30 days when they had been drinking alcohol	10.7% (9.1-12.4)	10.2% (8.6-11.8)
Texted or e-mailed while driving a car or other vehicle during the past 30 days	53.6% (50.0-57.1)	44.2% (39.8-48.5)
Talked on a cell phone while driving a car or other vehicle during the past 30 days	57.3% (53.9-60.6)	46.5% (42.6-50.4)
Were bullied on school property during the past 12 months	25.0% (22.4-27.7)	27.6% (25.1-30.1)
Felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities during the past 12 months	20.6% (18.4-22.9)	33.0% (30.5-35.5)
Actually attempted suicide during the past 12 months	5.3% (4.4-6.2)	8.3% (6.3-10.3)
Ever tried cigarette smoking in their lifetime	38.9% (35.9-42.0)	52.0% (47.7-56.3)
Ever drank alcohol in their lifetime	73.0% (70.8-75.2)	72.5% (69.2-75.7)
Had five or more drinks of alcohol within a couple of hours during the past 30 days	24.7% (22.5-26.9)	26.0% (23.7-28.2)
Used marijuana in their lifetime	35.6% (31.5-40.0)	44.9% (40.9-48.8)
Had taken a prescription drug without a doctor's prescription during their lifetime	15.7% (13.4-18.0)	22.9% (20.3-25.4)
Ever had sexual intercourse in their lifetime	45.5% (41.8-49.2)	51.5% (47.9-55.1)
Are currently sexually active (i.e., have had sexual intercourse during the last 3 months)	33.3% (30.5-36.1)	37.0% (33.4-40.6)
Ate breakfast daily during the past 7 days	43.8% (41.5-46.0)	32.4% (30.0-34.7)

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Percentage of students by selected risk behavior

